

Idaho Diabetes Prevention and Control Program

2001 Medicaid Behavioral Risk Factor Survey (MBRFS)

Summer 2003



This publication was supported by Grant No. U32/CCU022691-01 from The Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC. Costs are available from the Idaho Department of Health & Welfare, IDHW-15, 12032-8/03. Cost per unit \$10.80.



Idaho Diabetes Prevention and Control Program

2001 Medicaid Behavioral Risk Factor Survey (MBRFS)

Summer 2003

Idaho Diabetes Prevention and Control Program
Idaho Department of Health and Welfare
450 West State Street, 6th Floor
Boise, ID 83720-0036
208/334-4928

Mimi Hartman, MA, RD, CDE, Program Manager
David Nielson, MPA, Senior Data Analyst

Methods

The Idaho Medicaid Behavioral Risk Factor Survey (MBRFS) was conducted using methods similar to those used in the Behavioral Risk Factor Surveillance System (BRFSS). The BRFSS uses a standardized methodology and questionnaire to collect data by telephone from a random sample of the non-institutionalized adult population in each state.

In October, November and December 2001, simple random samples were drawn without replacement from the population of non-institutionalized Idaho Medicaid-eligible adults who resided in Idaho and had telephone numbers (area code 208) available. Medicaid-eligible refers to persons who have enrolled in Medicaid, whether or not they use Medicaid to pay their health care costs. Medicaid population files are updated monthly, and a new, non-duplicative sample was drawn each month. The total non-institutionalized adult Idaho Medicaid population was 34,943 in October, 35,282 in November and 35,663 in December. The sampling frame of Medicaid-eligible adults included only those who resided in Idaho and had a telephone number listed in the record, 32,599 persons in October, 29,782 in November, and 30,096 in December. A total of 3,600 persons were randomly selected (sampled) to be interviewed. In order to reach respondents, calls were made during the day, during the evening, and during the weekend. A total of 1,697 Medicaid-eligible adults were interviewed, yielding an overall response rate of 47.1%.

Data were weighted by age and sex to be representative of the non-institutionalized adult Idaho Medicaid-eligible population using the November 2001 population file. Missing values as a result of non-response were excluded from analysis. Data from the 2001 Idaho BRFSS, collected from January through December 2001, were used for comparisons with the Idaho MBRFS. Idaho BRFSS data were weighted by age and sex to be representative of the 2001 adult population in Idaho. Records from the 2001 Idaho BRFSS in which respondents reported that they used Medicaid were removed from all analyses.

The two numbers in the column labeled “95% Confidence Interval” are the lower and upper limits of the confidence interval. This interval can be interpreted to mean that there is a 95% certainty the true population estimate of the risk factor falls within the confidence interval.

TABLE OF CONTENTS

Executive Summary	6
Table 1: Diabetes Prevalence	8
Chart 1: Prevalence and Age of Medicaid Eligibles With Diabetes	9
Table 2: Demographics and Lifestyle Risk Behaviors	10
Chart 2: Medicaid Eligibles Income Categories	11
Chart 3: Medicaid Eligibles Employment Categories	12
Table 3: Healthcare	13
Chart 4: Medicaid Eligibles Medical Care	14
Chart 5: Medicaid Eligibles — Immunization.....	15
Chart 6: Medicaid Eligibles Risk Factors	16
Chart 7: Medicaid Eligibles Cardiovascular Risk Factors	17
Chart 8: Medicaid Eligibles Substance Risk Factors	18

2001 MBRFS Diabetes Report: Executive Summary

Over 75,000 Idaho adults are affected by diabetes. Of those, approximately 25,000 are undiagnosed. Approximately 5,000 Idaho Medicaid eligible recipients have diabetes.

Diabetes is serious. Over 17 million Americans suffer from diabetes and the number of new cases is increasing steadily - by approximately 1 million per year. Diabetes is the sixth leading cause of death in the US and Idaho and the primary cause of new cases of blindness, nontraumatic amputations, and kidney failure in adults.¹

In 2001, 12.9% of Medicaid eligibles in Idaho were diagnosed with diabetes. Medicaid eligible men (15.5%) were more likely than women (11.8%) to have diabetes. As expected, the risk for diabetes increased with age:

5.3% for those aged 18 to 44
23.8% for those aged 45 to 64
26.4% for those aged 65 and older

Among the Medicaid eligible population with diabetes, several factors were indicative of an increased risk of diabetes:

- **INCOME:** 94.4% of Medicaid eligibles with diabetes earned less than \$20,000 per year, compared with 85.8% of those without diabetes.
- **EMPLOYMENT:** With respect to employment status, 84.3% were categorized as "Other", being defined as retired persons, students, homemakers, and those unable to work due to disability, compared with 32.2% of those without diabetes.
- **EDUCATION:** 30.7% of Medicaid eligibles with diabetes had received less than a high school education, while only 4.2% were college graduates. By comparison, 27.4% of those without diabetes had less than a high school education, while 7.6% were college graduates.
- **PHYSICAL ACTIVITY:** 45.9% of Medicaid eligibles with diabetes did not participate in regular physical activity, compared with 38.2% of those without diabetes.
- **BLOOD PRESSURE:** Medicaid eligibles with diabetes were more likely to have high blood pressure (66.7%) and high cholesterol (52.4%) than those without diabetes (23.8% and 31.5% respectively).

- **DENTAL VISIT:** Medicaid eligibles with diabetes were less likely to have had a dental visit in the past year (44.2%) than those without diabetes (51.1%).
- **WEIGHT:** Perhaps most telling of all was the prevalence of being overweight. In 2001, 82.9% of Medicaid eligibles with diabetes were overweight*, compared with 57.8% of those without diabetes.
- **PHYSICAL LIMITATIONS:** Additionally, 78.1% of Medicaid eligibles with diabetes reported that their activities were limited due to health problems, compared with 47.5% of those without diabetes.
- **ROUTINE CHECKUP:** In 2001, Medicaid eligibles with diabetes were more likely than those without diabetes to have a routine checkup in the last year (31.0% versus 11.8%).
- **IMMUNIZATIONS:** In 2001, Medicaid eligibles with diabetes were more likely than those without diabetes to receive an influenza vaccination in the last year (77.3% versus 43.1%) or a pneumococcal vaccination in their lifetime (74.8% versus 42.4%).
- **SMOKING:** Medicaid eligibles with diabetes were less likely to smoke (26.0%) than those without diabetes (39.5%).
- **CHOLESTEROL:** Medicaid eligibles with diabetes were more likely to have a personal doctor (93.3%) and to have had their cholesterol checked (52.4%) than those without diabetes (81.4% and 59.4% respectively).

*Overweight is defined as having a Body Mass Index (BMI) greater than or equal to 25. BMI is calculated by dividing a person's weight in kilograms by the square of their height in meters.

Reference 1: Diabetes Prevention and Control Division of Diabetes Translation Program Review 2002, Department of Health and Human Services, Centers for Disease Control and Prevention

DIABETES PREVALENCE MBRFS 2001

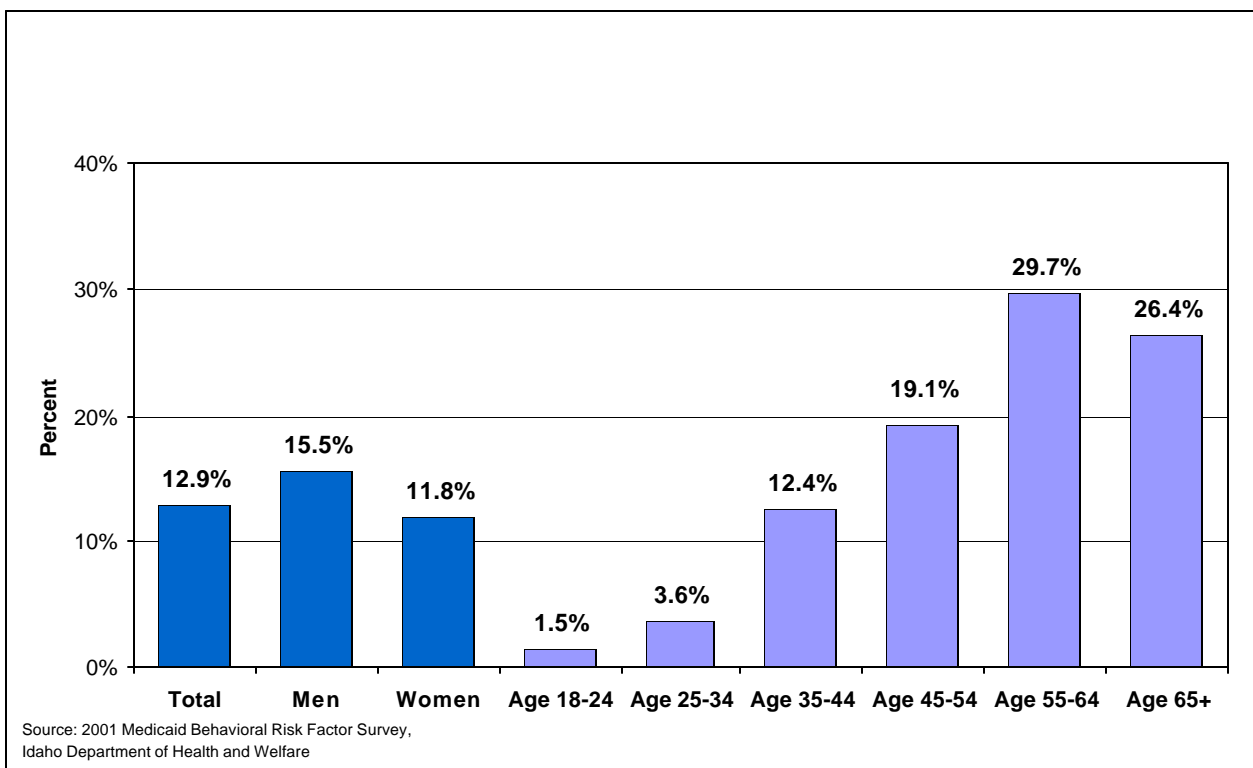
Table 1

	Ever Told You Have Diabetes					
Characteristic	Yes			No		
	Prevalence	N	95% Confidence Interval	Prevalence	N	95% Confidence Interval
Gender - Total	12.9%	212	11.2-14.5	87.1%	1480	85.5-88.8
Male	15.5%	61	11.8-19.1	84.5%	312	80.9-88.2
Female	11.8%	151	10.0-13.6	88.2%	1168	86.4-90.0
Age		211			1475	
18-44	5.3%	54	3.9-6.7	94.7%	1004	93.3-96.1
45-64	23.8%	91	19.5-28.1	76.2%	289	71.9-80.5
65+	26.4%	66	27.4-40.7	73.7%	182	68.1-79.2
Characteristic	Yes			No		
	Prevalence	N	95% Confidence Interval	Prevalence	N	95% Confidence Interval
Age		211			1475	
18-24	1.5%	5	0.1-2.8	98.5%	371	97.2-99.9
25-34	3.6%	15	1.8-5.3	96.4%	384	94.7-98.2
35-44	12.4%	34	8.5-16.4	87.6%	249	83.6-91.5
45-54	19.1%	39	13.7-24.5	80.9%	167	75.6-86.3
55-64	29.7%	52	17.0-28.1	70.3%	122	63.4-77.2
65+	26.4%	66	27.4-40.7	73.7%	182	68.1-79.2

Source: 2001 Medicaid Behavioral Risk Factor Survey, Idaho Department of Health and Welfare

PREVALENCE AND AGE OF MEDICAID ELIGIBLES WITH DIABETES MBRFS 2001

Chart 1



DEMOGRAPHICS AND LIFESTYLE RISK BEHAVIORS

MBRFS 2001

Table 2

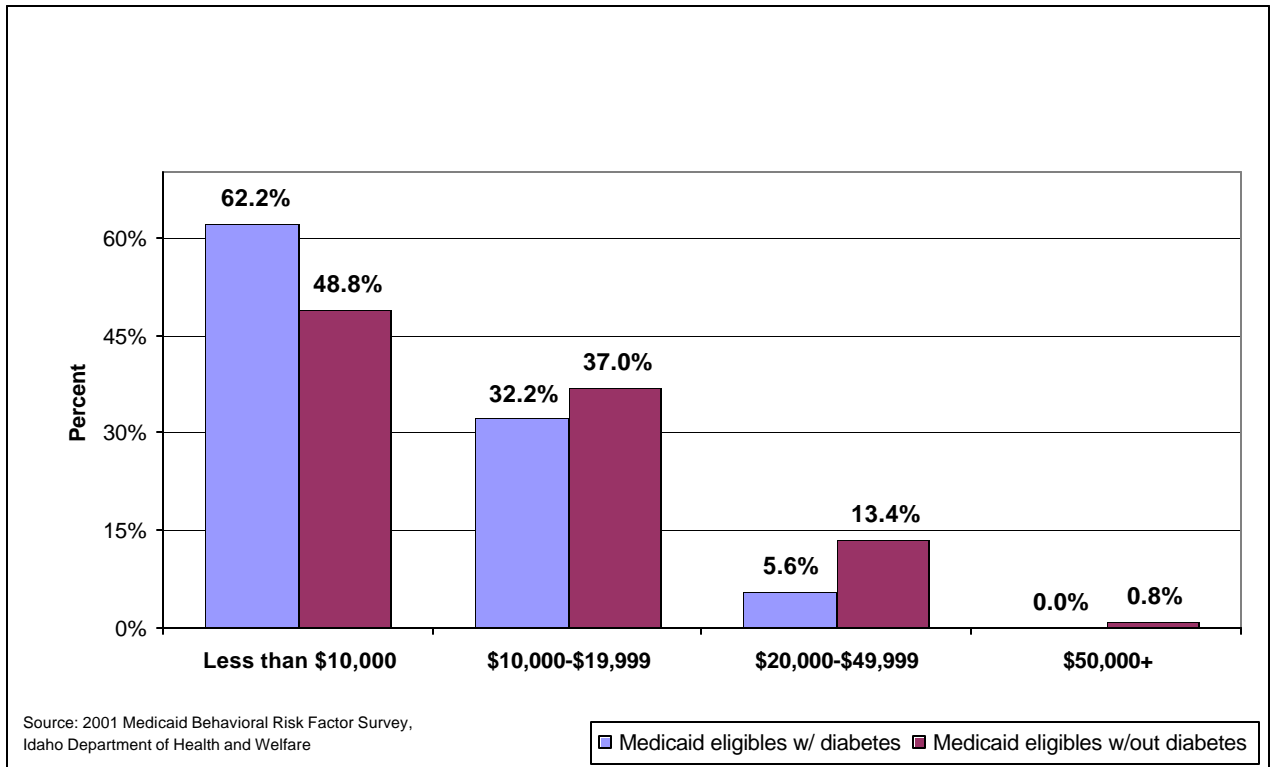
Characteristic	Ever Told You Have Diabetes					
	Yes			No		
	Percent	N	95% Confidence Interval	Percent	N	95% Confidence Interval
Income		177			1254	
Less than \$10,000	62.2%	112	54.9-69.5	48.8%	610	46.0-51.6
\$10,000-\$19,999	32.2%	55	25.2-39.3	37.0%	463	34.3-39.7
\$20,000-\$49,999	5.6%	10	2.2-9.0	13.4%	172	11.5-15.3
\$50,000+	0.0%	0	--	0.8%	9	0.3-1.3
Employment		209			1477	
Employed	8.8%	20	5.1-12.5	24.4%	363	22.1-26.6
Unemployed	7.0%	14	3.4-10.5	15.2%	220	13.2-17.1
*Other	84.3%	175	79.3-89.2	60.5%	894	58.0-63.0
Education		212			1472	
K-11	30.7%	66	25.5-36.0	27.4%	394	25.4-29.4
High School Grad	36.4%	76	30.9-41.9	40.2%	597	38.1-42.4
Some College	28.7%	61	23.5-33.9	24.8%	373	22.9-26.7
College Grad	4.2%	9	1.9-6.5	7.6%	108	6.4-8.8
Overweight		201			1419	
BMI<25	17.1%	35	11.9-22.4	42.2%	607	39.6-44.8
BMI=>25	82.9%	166	77.6-88.1	57.8%	812	55.2-60.4
Sedentary Lifestyle		211			1479	
Yes	45.9%	97	39.1-52.3	38.2%	570	35.6-40.7
No	54.1%	114	47.2-60.9	61.9%	909	59.3-64.4
At Risk for Acute Drinking		211			1469	
Yes	1.3%	2	0-3.0	6.4%	89	5.0-7.7
No	98.7%	209	97.0-100	93.6%	1380	92.3-95.0
At Risk for Chronic Drinking		211			1464	
Yes	0.4%	1	0-1.2	1.8%	23	1.1-2.6
No	99.6%	210	98.8-100	98.2%	1441	97.4-98.9
Current Smoker		210			1475	
Yes	26.0%	55	20.0-32.0	39.5%	585	37.0-42.1
No	74.0%	155	68.0-80.0	60.5%	890	57.9-63.0
Cigar Smoker		212			1480	
Yes	0.6%	1	0-1.7	3.3%	41	2.3-4.3
No	99.4%	211	98.3-100	96.7%	1439	95.7-97.7
Ever Used Illegal Drugs		212			1474	
Yes	19.9%	42	14.4-25.3	31.0%	461	28.6-33.4
No	80.1%	170	74.7-85.6	69.0%	1013	66.6-71.4
Used Marijuana in Last Year		42			460	
Yes	8.6%	4	1.8-15.4	16.7%	78	13.8-19.5
No	91.4%	38	84.6-98.2	83.3%	382	80.5-86.2

*Other includes retired persons, students, homemakers, and those unable to work due to disability

Source: 2001 Medicaid Behavioral Risk Factor Survey, Idaho Department of Health and Welfare

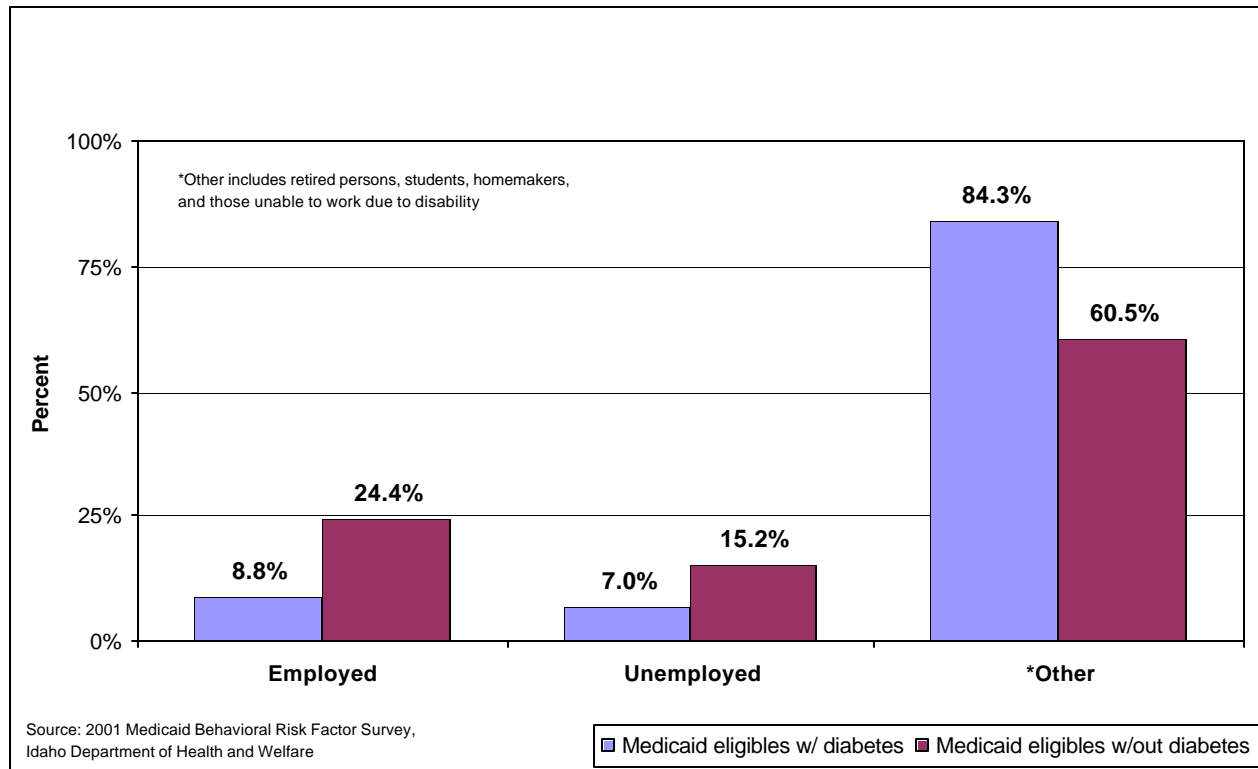
MEDICAID ELIGIBLES INCOME CATEGORIES MBRFS 2001

Chart 2



MEDICAID ELIGIBLES EMPLOYMENT CATEGORIES MBRFS 2001

Chart 3



HEALTHCARE MBRFS 2001

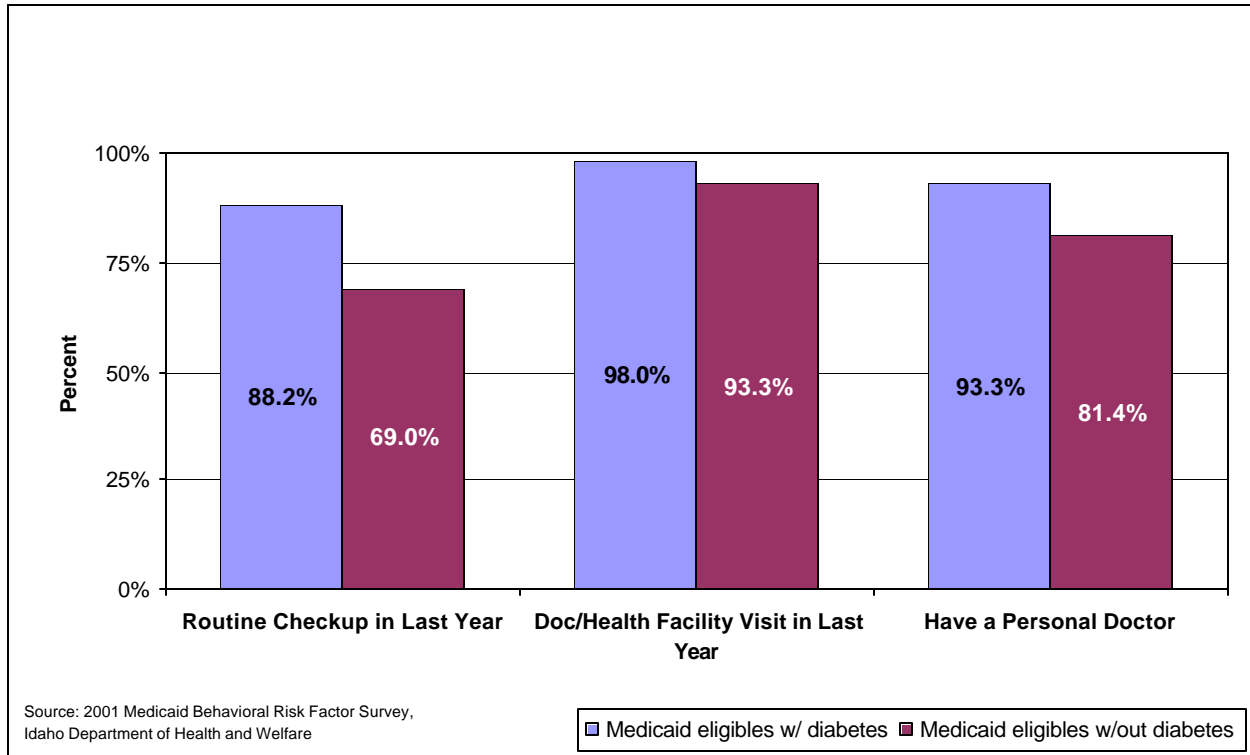
Table 3

Characteristic	Ever Told You Have Diabetes					
	Yes			No		
	Percent	N	95% Confidence Interval	Percent	N	95% Confidence Interval
Have a Personal Doctor		211			1479	
Yes	93.3%	196	89.9-96.6	81.4%	1207	79.4-83.4
No	67.4%	15	3.4-10.1	18.6%	272	16.6-20.6
Routine Checkup in Last Year		202			1428	
Yes	88.2%	178	83.7-92.7	69.0%	995	66.5-71.4
No	11.8%	24	7.3-16.3	31.0%	433	28.6-33.5
Doc/Health Facility Visit in Last Year		208			1460	
Yes	98.0%	204	96.0-100	93.3%	1369	91.9-94.6
No	2.0%	4	0-4.0	6.8%	91	5.4-8.1
Ever Told You Have High Blood Pressure		212			1478	
Yes	66.7%	142	60.3-73.2	23.8%	340	21.6-26.0
No	33.3%	70	26.8-39.7	76.2%	1138	74.0-78.4
Currently Taking Blood Pressure Medicine		141			338	
Yes	87.5%	123	82.0-92.9	63.8%	212	58.6-69.0
No	12.6%	18	7.1-18.0	36.2%	126	31.0-41.4
Ever Had Cholesterol Checked		209			1370	
Yes	88.3%	184	83.8-92.7	59.4%	807	56.7-62.0
No	11.8%	25	7.3-16.2	40.6%	563	38.0-43.3
Ever Told You Have High Cholesterol		182			797	
Yes	52.4%	97	45.0-59.7	31.5%	243	28.2-34.8
No	47.6%	85	40.3-55.0	68.5%	554	65.2-71.8
Dental Visit in Past Year		212			1462	
Yes	44.2%	95	37.4-51.0	51.1%	752	48.5-53.7
No	55.8%	117	49.0-62.6	48.9%	710	46.3-51.5
Activities Limited Due to Health		209			1466	
Yes	78.1%	164	72.3-83.8	47.5%	682	44.9-50.1
No	21.9%	45	16.2-27.7	52.5%	784	49.9-55.1
Health Problems Require Equipment		212			1478	
Yes	50.7%	105	43.9-57.6	19.0%	269	16.9-21.0
No	49.3%	107	42.4-56.1	81.0%	1209	79.0-83.1
Need Help with Routine Care		174			713	
Yes	64.5%	112	57.3-71.7	53.7%	385	50.0-57.4
No	35.5%	62	28.3-42.7	46.3%	328	42.6-50.0
Need Help with Personal Care		174			715	
Yes	34.4%	60	27.2-41.5	23.5%	168	20.3-26.6
No	65.6%	114	58.5-72.8	76.5%	547	73.4-79.7
Influenza Shot in Last Year		211			1472	
Yes	56.9%	117	50.1-63.6	22.7%	325	20.5-24.9
No	43.1%	94	36.4-49.9	77.3%	1147	75.1-79.5
Pneumonia Shot Ever		205			1345	
Yes	57.6%	116	50.8-64.4	25.2%	325	22.8-27.6
No	42.4%	89	35.6-49.2	74.8%	1020	72.4-77.2

Source: 2001 Medicaid Behavioral Risk Factor Survey, Idaho Department of Health and Welfare

MEDICAID ELIGIBLES MEDICAL CARE MBRFS 2001

Chart 4



MEDICAID ELIGIBLES — IMMUNIZATION MBRFS 2001

Chart 5

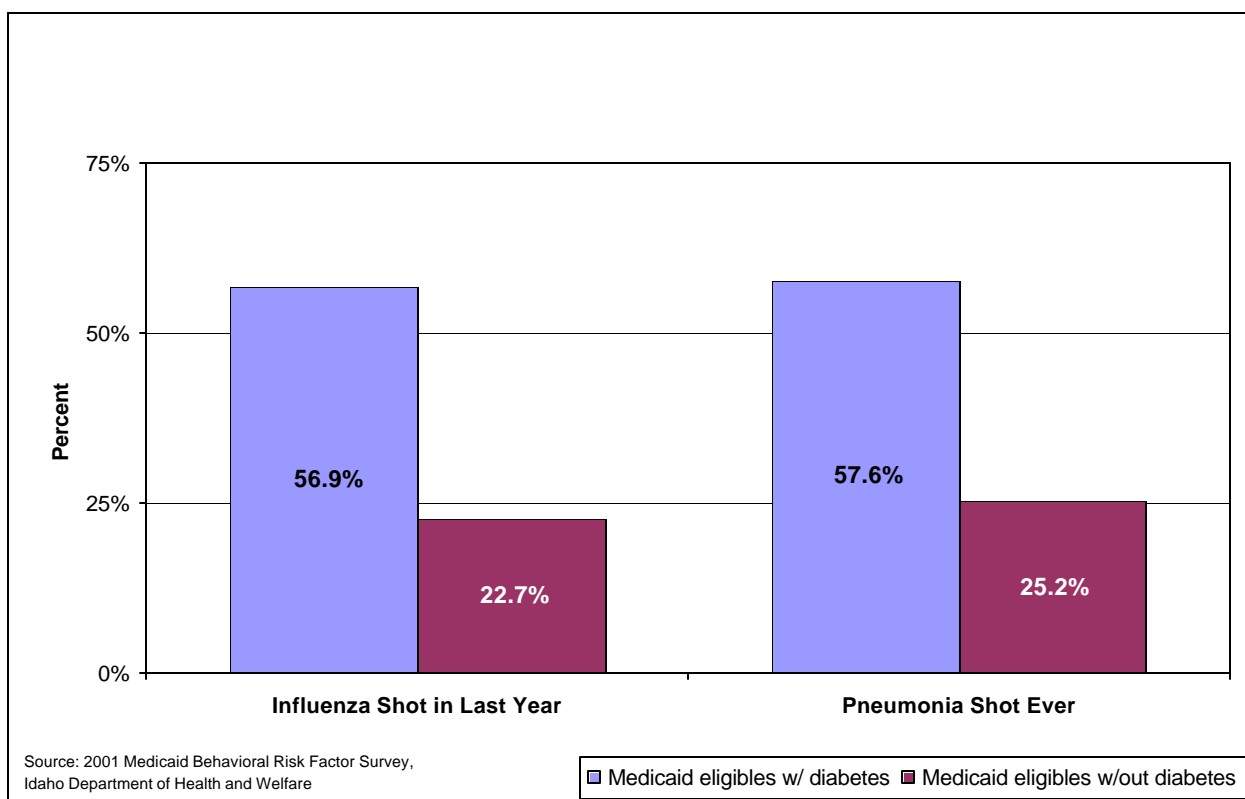


Chart 5—Studies show that patients with diabetes are at high risk for complications, hospitalization, and death from influenza and pneumococcal disease.²

Reference 2: *Diabetes Care*, American Diabetes Association Clinical Practice Recommendations 2003. January 2003, Vol 26, Supplement 1.

MEDICAID ELIGIBLES RISK FACTORS MBRFS 2001

Chart 6

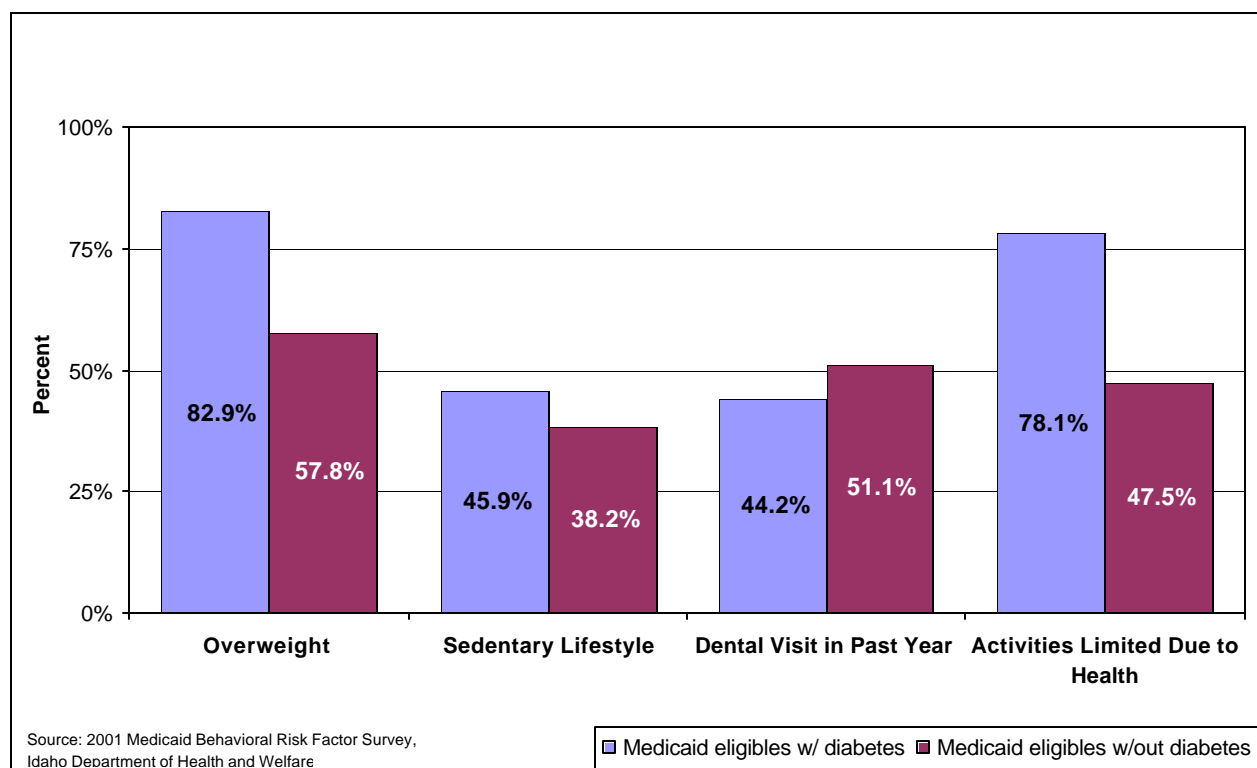


Chart 6—Patients who are overweight are at higher risk for insulin sensitivity. Weight loss improves blood glucose levels, decreases lipid levels, and improves blood pressure.²

Chart 6—Physical activity improves metabolic abnormalities, improves blood glucose management, and helps to manage weight.²

Chart 6—Poorly controlled diabetes may aggravate periodontal disease and places a person at higher risk for tooth loss.³

Reference 2: *Diabetes Care*, American Diabetes Association Clinical Practice Recommendations 2003. January 2003, Vol 26, Supplement 1.

Reference 3: National Institute of Dental Research, National Institute of Diabetes and Digestive and Kidney Disease.

MEDICAID ELIGIBLES CARDIOVASCULAR RISK FACTORS MBRFS 2001

Chart 7

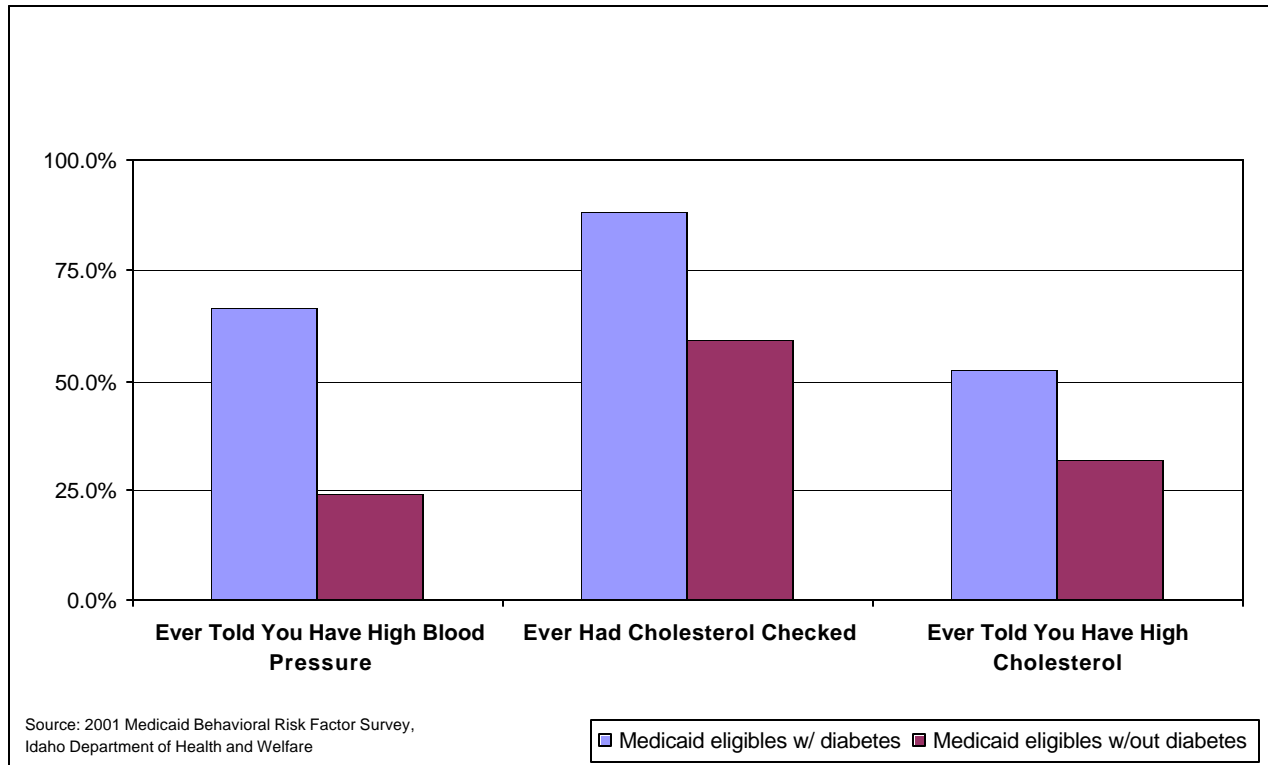


Chart 7—People with diabetes are two to four times more likely to have cardiovascular disease than people without diabetes. It is essential to manage cholesterol and blood pressure.⁴

Reference 4: Division of Diabetes Translation, Centers for Disease Control and Prevention

MEDICAID ELIGIBLES SUBSTANCE RISK FACTORS MBRFS 2001

Chart 8

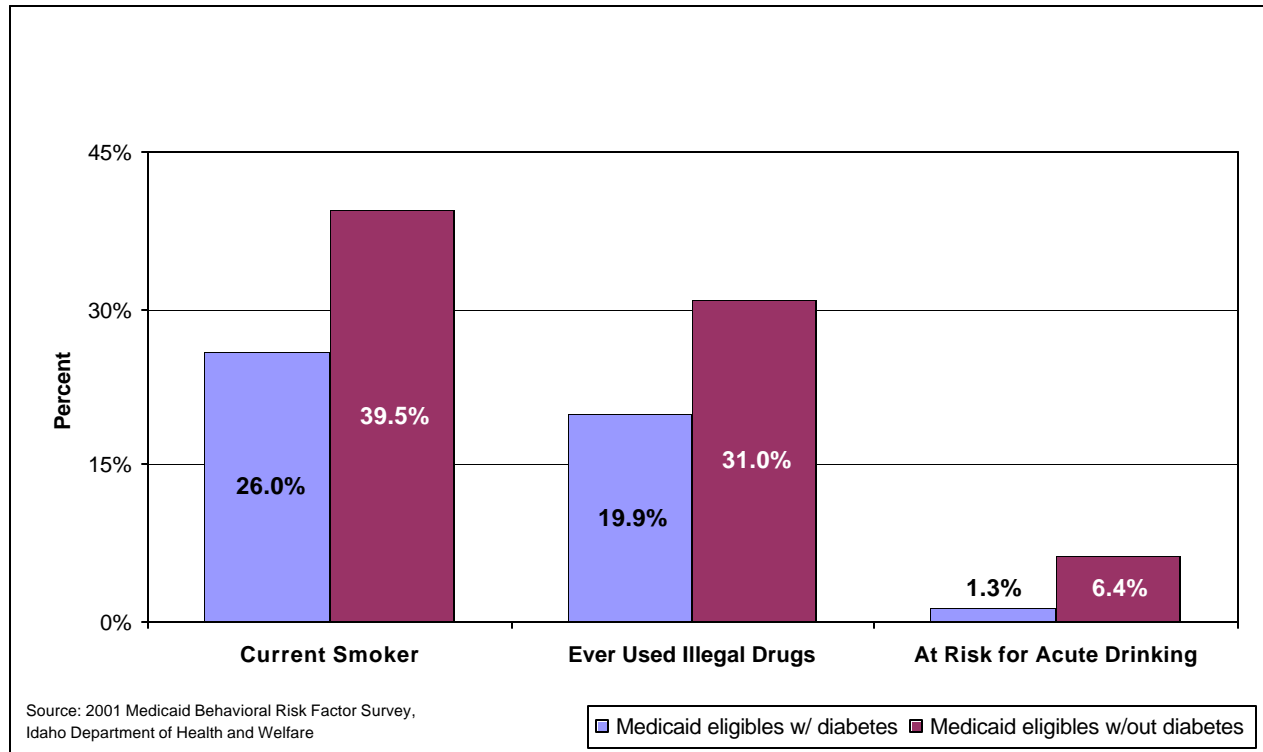


Chart 8—People with diabetes, who smoke, are more likely than people with diabetes, who do not smoke, to develop microvascular complications. The cardiovascular burden of diabetes in combination with smoking has not been effectively communicated to people with diabetes and health care providers.²

Reference 2: *Diabetes Care*, American Diabetes Association Clinical Practice Recommendations 2003. January 2003, Vol 26, Supplement 1.